



MILWAUKEE COUNTY  
Department on Aging

# MILWAUKEE COUNTY SENIOR DINING GREATER LIFE COMMUNITY CENTER

2432 N. TEUTONIA AVENUE

## MARCH



TUESDAY	THURSDAY
<b>12:00 LUNCH</b>	
<b>Call for Info</b> <b>562-1110</b> 	<b>\$3.00</b> <sup>60+</sup> Suggested Contribution  <b>GUEST: \$8.00</b>
Chili w/Beef & Beans 5 Shredded Cheddar Cheese Cornbread Mixed Green Salad Dressing Fruit Cocktail	Baked Chicken 7 Mashed Potatoes Gravy Whole Grain Dinner Roll Steamed Carrots Baked Cinnamon Apple Slices
Cheeseburger 12 Whole Grain Bun Sweet Potato Fries Baked Beans Fresh Orange Slices	Open Faced Hot Turkey 14 w/Gravy on Whole Grain Bread Mashed Potatoes Whole Kernel Corn Cranberry Relish Peach Crisp
Tuna Noodle Casserole 19 Baby Green Peas V-8 Juice Whole Grain Bread Mandarin Oranges Chocolate Chip Cookie	Meatloaf 21 Baby Red Potatoes Steamed Broccoli Cornbread Muffins Tropical Fruit Cup
Baked Pork Chop 26 Baby Baker Potatoes Roasted Butternut Squash Whole Grain Dinner Roll Sliced Pears	Spaghetti 28 w/Meat Sauce Green Beans Italian Bread Mixed Greens/Dressing Fresh Apple Slices

# Word Search for Adults

**NATIONAL  
NUTRITION MONTH®**  
MARCH 2019

Words may be horizontal, vertical, diagonal, or backwards.

[www.eatright.org](http://www.eatright.org)

#NationalNutritionMonth

1. Almond
2. Basil
3. Cauliflower
4. Dill
5. Eggs
6. Feta
7. Gumbo
8. Ham
9. Jicama
10. Kiwi
11. Lobster
12. Mushroom
13. Nutmeg
14. Okra
15. Paprika
16. Quinoa
17. Radish
18. Swiss Cheese
19. Tomatillo
20. Vanilla
21. Wasabi
22. Yam
23. Zucchini

A	N	Y	A	M	A	I	N	I	H	C	C	U	Z	A	P
T	L	E	B	A	S	I	L	M	G	E	I	S	I	H	A
E	L	M	T	M	O	C	E	N	U	T	M	E	G	Y	P
F	I	B	O	I	U	A	W	U	L	B	O	F	M	U	R
U	D	I	K	N	E	S	R	I	F	Q	S	K	E	T	I
T	S	O	R	R	D	N	H	E	T	U	H	I	R	Q	K
O	H	P	A	P	E	K	O	R	A	I	M	W	H	E	A
M	I	Q	G	R	A	V	L	E	O	N	B	I	D	S	R
A	M	R	A	D	I	S	H	M	B	O	N	A	Y	E	W
T	L	T	V	E	R	I	T	A	S	A	M	Z	R	E	T
I	B	A	S	A	W	E	Q	T	M	U	C	E	K	H	O
L	E	S	L	O	U	G	H	Y	R	Z	T	P	I	C	A
L	R	J	I	C	A	M	A	M	I	S	L	E	T	S	M
O	T	W	O	R	N	U	E	G	B	H	I	Q	E	S	S
T	C	A	U	L	I	F	L	O	W	E	R	I	R	I	G
Q	T	H	R	E	E	P	L	M	O	U	S	K	O	W	G
G	U	M	B	O	L	V	A	N	I	L	L	A	Y	S	E

From The Academy of Nutrition and Dietetics

<https://www.eatright.org/food/resources/national-nutrition-month>

